

EXAMPLE SCHEDULE - THESE DETAILS ARE CURRENTLY INCORRECT

Wimbledon Windmilers Training Schedule, January-March 2022

Coached and run-leader club sessions include speed endurance training, hill sessions, fartleks, threshold work and social runs.

Tuesdays 19:15 Meet from 19:00 at Belgrave Hall, Denmark Road, SW19 4PG, unless specified otherwise		Thursdays 19:15 Meet from 19:00 at Belgrave Hall, Denmark Road, SW19 4PG		Saturdays 09:00 & 10:15 Meet at the Wimbledon Athletics track, Home Park Rd, London SW19 8AU	
07-Jan-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Burghley Rollercoaster (S01W) Deepdale Loop (S02W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	09-Jan-22 Hills I Hills II	Thornton Hill Loop (H01W) Home Park Road (H02W)	11-Jan-22 Group 1 Group 2 Group 3 Group 4	Reverse Ladder 800m 400m 200m (TE01) 600m+400m Current 500m+300m Target (TE02) Aerobic Refresher (TE03) Track Fartlek (TE04)
14-Jan-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Wool - McKay - Dunstall (S03W) Home Park / Arthur Roads S04W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	16-Jan-22 Hills I Hills II	7 Ridgeway Hills (H03W) Denmark Avenue Loop (H04W)	18-Jan-22 Group 1 Group 2 Group 3 Group 4	(1600m - 400m) (1200m - 300m) (800m - 600m) (TE05) Pyramid (TE06) Trilauf (TE07) (5x 400m, 60 secs) - (5x 400m, 60, 45, 30, 15 secs) (TE08)
21-Jan-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Vineyard / Dora / Kenilworth Fartlek (S05W) Cottenham Park Rd / Melbury Loop S06W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	23-Jan-22 Hills I Hills II	Church Road Loop (H05W) Sacred Heart Loop (H06W)	25-Jan-22 Group 1 Group 2 Group 3 Group 4	500m Hard - 500m Steady (TE09) 1200m, 800m, 400m (TE10) 1k - 700m - 300m - 600m - 200m (TE11) 6x 800m Caterpillars (TE12)
28-Jan-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Cottenham Park Rd / Melbury Mile (S06W) Melbury Mile (S08W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	30-Jan-22 Hills I Hills II	Wool Road / Cottenham Park Road (H07W) Missing 8th Ridgeway Hill (H08W)	01-Feb-22 Group 1 Group 2 Group 3 Group 4	Odd - Even 1km Intervals (TS01) Alternating 400m - 800m (TS2) 600m, 400m, 300m - 600m - 200m (TS03) 8-10x 300m, 100m passive recovery (TS04)
04-Feb-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Dundonald Loop / Henfield Handicap (S09W) Hunter / Conway / Devas Road Loop (S10W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	06-Feb-22 Hills I Hills II	Hillview A+B (H09W) Cottenham Copse Burdett (H10E)	08-Feb-22 Group 1 Group 2 Group 3 Group 4	200m Continuous Relay (TS05) Flying 400s (TS06) 300s (TS07) 6x 600m (TS08)
11-Feb-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Parkside - Deepdale - Marravat Fartlek (S11W) Ridgeway Snake (S12W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	13-Feb-22 Hills I Hills II	Kenyan Hills on Drax (H11W) 7 Ridgeway Hills (H03W)	15-Feb-22 Group 1 Group 2 Group 3 Group 4	10x 400m @ 3k (TS09) 4x (4x 300m) (TS10) 7x (2 mins @ 5k, 1 min @ mile) (TS11) 3x (400m @ current mile, 400m @ target mile) (TS12)
18-Feb-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Burghley Rollercoaster (S01W) Deepdale Loop (S02W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	20-Feb-22 Hills I Hills II	Thornton Hill Loop (H01W) Home Park Road (H02W)	22-Feb-22 Group 1 Group 2 Group 3 Group 4	Trail to Track 5k (TT01) Trail to Track 4k (TT02) Oregon Circuits (TT03) Oregon Circuits (TT03)
25-Feb-22 Social Speed endurance I Speed endurance II PROtraining Pool swimming	Social run ~4 miles Wool - McKay - Dunstall (S03W) Home Park / Arthur Roads S04W) Meet at Parkside Gardens for progressive interval training 19:30 Wimbledon College Pool	27-Feb-22 Hills I Hills II	7 Ridgeway Hills (H03W) Denmark Avenue Loop (H04W)	01-Mar-22 Group 1 Group 2 Group 3 Group 4	Reverse Ladder 800m 400m 200m (TE01) 600m+400m Current 500m+300m Target (TE02) Aerobic Refresher (TE03) Track Fartlek (TE04)
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